

ABSTRACT

An optical information recording carrier comprising a substrate and at least one recording film arranged on the substrate is disclosed.

5 Information is recorded on the recording film through irradiation with a recording light having a predetermined wavelength (λ). The recording film is composed of a heat generating layer and at least one dielectric layer arranged in contact with the heat generating layer. The heat generating layer and the dielectric layer are substantially transparent to

10 the recording light with wavelength (λ), and are respectively formed to have a predetermined thickness and a predetermined refractive index so that the field intensity of the recording light becomes maximum at the interface between the heat generating layer and the dielectric layer.